

• ALBRIGHT • DELAWARE VALLEY • DeSALES • ELIZABETHTOWN • LEBANON VALLEY
MIDDLE ATLANTIC CONFERENCE

• MANHATTANVILLE • MESSIAH • MISERICORDIA • SHENANDOAH • WIDENER •

2009
**MEN'S AND WOMEN'S
INDOOR TRACK AND FIELD
CHAMPIONSHIPS**



OFFICIAL PROGRAM

SATURDAY, FEBRUARY 28, 2009

RAUCH FIELD HOUSE

**LEHIGH UNIVERSITY
BETHLEHEM, PENNSYLVANIA**

MIDDLE ATLANTIC STATES COLLEGIATE ATHLETIC CORPORATION
Kenneth W. Andrews, Executive Director

February 28, 2009

On behalf of the Middle Atlantic Conference, I welcome the student-athletes, coaches, families, and fans to the 2009 Middle Atlantic Conference Indoor Track & Field Championships.

Special thanks go to Lehigh University for providing a great venue for today's competition. DeSales University hosts the event – Al Weiner, Track & Field Coach is to be commended for organizing and publicizing all the meet details in exemplary fashion. DeSales Sports Information Director, BJ Spigelmyer, and his student assistant, Paige Mullin, also deserve a big thanks for putting together today's program. One last thank you should go to Jim Miller, Elizabethtown College Sports Information Director, who is the meet director for his eighth year. The conference also recognizes the efforts of dozens of officials and volunteers who work to ensure timely and fair results.

It is my hope that everyone in attendance at today's meet is influenced by the effort and determination of our conference student-athletes. Let us support these men and women in a positive manner by cheering them on to personal bests.

On behalf of the MAC, I thank you for your support of our indoor track & field championships.

Sincerely,
Kenneth W. Andrews
MASCAC Executive Director

Meet Program

Welcome from Executive Director, Ken Andrews.....	Inside Front
MAC Records	1
2008 MAC Championships Review	2
Past Team Champions and Awards	2
Women's Rosters.....	3-4
Men's Rosters.....	4-5
Past MAC Champions.....	6-8
MAC and NCAA Qualifying Standards/Officials.....	Inside Back Cover
Order of Events	Back Cover

2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP

MAC CHAMPIONSHIP RECORDS

MEN

Event	Name	School	Mark	Year
55m Hurdles	MAC Ozzie Brown	Moravian	7.53	2007
55m Dash	MAC Randy Anderson	Juniata	6.42	2007
200m Dash	MAC Lou Corominas	DeSales	22.34	2006
400m Dash	MAC Lou Corominas	DeSales	48.77	2006
800m Run	MAC Patrick Donovan	Elizabethtown	1:54.42	2005
1 Mile Run	MAC Patrick Donovan	Elizabethtown	4:23.53	2007
1500 Mile Run	MAC Macharia Yuot	Widener	4:13.63	2006
5000m Run	MAC Frank McGovern	Widener	14:51.67	1992
4x200m Relay	MAC Moravian (<i>Silvoy, Kline, Bailey, Brown</i>)		1:31.08	2005
4x400m Relay	MAC Elizabethtown (<i>DeAngelis, Donovan, Graybeal, Evensen</i>)		3:23.68	2005
4x800m Relay	MAC Elizabethtown (<i>Wetzel, Donovan, Mulcahy, Sanko</i>)		8:02.11	2004
DMR*	MAC Elizabethtown (<i>Bresnahan, Brosious, Landis, Sanko</i>)		10:28.08	2004
Shot Put	MAC Alailima Talavou	Franklin & Marshall	15.43m	1993
Weight Throw	MAC Nick Orfanella	Lebanon Valley	16.90m	2007
Pole Vault	MAC Kevin Clark	Elizabethtown	16-6.00	2007
High Jump	MAC Chris Boyles	Messiah	6-8.50	2002
Long Jump	MAC Gregg Barrett	Widener	7.25m	1993
Triple Jump	MAC Jason Patterson	Elizabethtown	14.86m	2004

WOMEN

Event	Name	School	Mark	Year
55m Hurdles	MAC Carrie Kerna	Elizabethtown	8.21	2004
55m Dash	MAC Erin Recker	Moravian	7.26	2005
200m Dash	MAC Dana Haslett	Moravian	25.99	2007
400m Dash	MAC Emily Lepley	Susquehanna	59.28	2006
800m Run	MAC Gina Lucrezi	DeSales	2:17.61	2004
1 Mile Run	MAC Heather Matta	Susquehanna	5:18.05	2007
1500M Run	MAC Gina Lucrezi	DeSales	4:41.12	2004
5000m Run	MAC Erin Fisher	Elizabethtown	17:34.50	2008
4x200m Relay	MAC Moravian (<i>Recker, Tamlyn, McCarron, Rotzell</i>)		1:46.06	2005
4x400m Relay	MAC Elizabethtown (<i>Burroughs, Brobst, Murphy, Lichti</i>)		4:03.59	2004
4x800m Relay	MAC Messiah (<i>Hostetter, Nye, Weaner, Monachello</i>)		9:48.45	2005
DMR*	MAC DeSales (<i>Barlow, McGarrity, Butler, Lucrezi</i>)		12:14.01	2005
Shot Put	MAC Lauren Lucci	Widener	14.65m	2008
Weight Throw	MAC Lauren Lucci	Widener	15.03m	2008
Pole Vault	MAC Anna Heim	Moravian	12-6.00	2007
High Jump	MAC Krisa Murray	Moravian	5-4.25	1993
Long Jump	MAC Kirsten Rotzell	Moravian	5.67m	2003
Triple Jump	MAC Kirsten Rotzell	Moravian	11.34m	2003

* Distance Medley Relay (1200-400-800-1600)

2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP

2008 TEAM RESULTS

Men			Women		
1.	Messiah	135	1.	Messiah	144.33
1.	Elizabethtown	135	2.	Elizabethtown	127
3.	Widener	91	3.	Widener	82
4.	DeSales	62	4.	Misericordia	66.33
5.	Misericordia	49	5.	DeSales	57.33
6.	Lebanon Valley	30	6.	Albright	29
7.	Albright	24	7.	Lebanon Valley	11
8.	Lebanon Valley	31	8.	Delaware Valley	6

MOST OUTSTANDING ATHLETE AWARDS

Drew Graybeal (Elizabethtown College)

Kristen Bates (Messiah College)

2008 INDIVIDUAL CHAMPIONS

Event	Champion	Mark	Champion	Mark
55m Hurdles	Kevin Clark (Elizabethtown)	7.95	Kristen Bates (Messiah)	8.27
55m Dash	AJ Farris (Elizabethtown)	6.55	Kristen Bates (Messiah)	7.52
200m Dash	Patrick Roach (Messiah)	22.92	Brianne Genter (Albright)	27.15
400m Dash	Drew Graybeal (Elizabethtown)	49.44	Rachel Hepkins (Messiah)	59.88
800m Run	Drew Graybeal (Elizabethtown)	1:57.15	Tiffany Kulp (Elizabethtown)	2:20.89
Mile Run	Cory Kaufman (Messiah)	4:26.87	Tiffany Kulp (Elizabethtown)	5:10.42
5,000m Run	John Nastus (DeSales)	15:48.68	Erin Fisher (Elizabethtown)	17:34.50
800m Relay	Messiah <i>(Roach, Weidemann, Dell, Kipe)</i>	1:32.06	Misericordia <i>(Lozier, Pellegrino, Bochnovich, Razawich)</i>	1:50.61
1,600m Relay	Elizabethtown <i>(Grimm, Mastroianni, Clark, Graybeal)</i>	3:26.44	Messiah <i>(Bates, Sisson, Carbone, Hepkins)</i>	4:14.39
3,200m Relay	DeSales <i>(Ecker, Hess, McClatchy, Naimo)</i>	8:02.68	Messiah <i>(Monachello, Weaner, Martin, Kaste)</i>	9:57.23
DMR*	Elizabethtown <i>(Bresnahan, Mastroianni, Rulander, St. Clair)</i>	10:55.36	Elizabethtown <i>(Ryder, Merusi, Bowen, Fisher)</i>	12:48.08
Shot Put	James Green (Widener)	48-04.50 feet	Lauren Lucci (Widener)	48-00.75 feet
Weight Throw	Jacob Munick (Widener)	47-03.00 feet	Lauren Lucci (Widener)	49-03.75 feet
High Jump	Ted Simmons (Messiah)	6-06.00 feet	Kristen Bates (Messiah)	4-11.75 feet
Long Jump	Nicholas Kipe (Messiah)	22-04.50 feet	Kristen Bates (Messiah)	16-06.50 feet
Triple Jump	Nicholas Kipe (Messiah)	43-09.25 feet	Kristen Bates (Messiah)	36-05.75 feet
Pole Vault	Kevin Klick (Widener)	14-05.25 feet	Samantha Ward (DeSales)	10-11.75 feet

* Distance Medley Relay (1,200-400-800-1600)

YEAR-BY-YEAR TEAM CHAMPIONS (LAST 15 YEARS)

Year	Men's Champion	MVP	Women's Champion	MVP
1994	Widener	Gregg Barrett, Widener	Widener	Gina Gonzalez, Widener
1995	Widener	Nate Hillegas, Lebanon Valley	Susquehanna	Jennifer Nauss, Lebanon Valley
1996	Moravian	C.J. Brown, Moravian	Moravian	Janine Shirk, Messiah
1997	Widener	Art DiCola, Widener	Moravian	Jennifer Nauss, Lebanon Valley
1998	Widener	Tony Brown, Widener	Moravian	Ann Musser, Lebanon Valley
1999	Widener	Tony Brown, Widener	Moravian	Ann Musser, Lebanon Valley
2000	Widener	Chris Boyles, Messiah	Moravian	Heidi Wolfsberger, Moravian
2001	Widener	Michael Coleman, Widener	Moravian	Heidi Wolfsberger, Moravian
2002	Widener	Kevin Bush, Moravian	Moravian	Kirsten Rotzell, Moravian
2003	Elizabethtown	Joe Moore, Moravian	Moravian	Megan Patrono, Susquehanna
2004	Elizabethtown	Macharia Yuot, Widener	Moravian	Carrie Kerna, Elizabethtown
2005	Elizabethtown	Lou Corominas, DeSales	Moravian	Kirsten Rotzell, Moravian
2006	Elizabethtown	Lou Corominas, DeSales	Elizabethtown	Lauren Lucci, Widener
2007	Elizabethtown	Nick Orfanella, Lebanon Valley	Moravian	Emily Lepley, Susquehanna
2008	Messiah/Elizabethtown	Drew Graybeal, Elizabethtown	Messiah	Kristen Bates

2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP

Albright — Head Coach Deneen Ebling

Vatonne Bethea Fr..... Plainfield, NJ
 Tomesha Campbell..... Sr..... East Orange, NJ
 Renisha Conway Sr..... Saylorsburg, PA
 Danielle DiPietro So..... Springfield, PA
 Megan Ford Jr. Wind Gap, PA
 Brianne Genter Sr..... Clintondale, NY
 Mallory Ketterer..... Fr..... Bernville, PA
 Meghan Loos So..... Reading, PA
 Shannon Loos..... So..... Reading, PA
 De'on Mallory..... Jr. Paterson, NJ
 Michelle Reinhart..... So..... Bernville, PA
 Melissa Santiago Fr..... Bayonne, NJ
 Christie Weist..... Sr..... Mohrsville, PA
 Erica Zeiters Jr. Middletown, PA

Delaware Valley — Head Coach Ed Andrewlevich

Katie Adams Fr..... Bernville, PA
 Jennifer Alderfer So..... Souderton, PA
 Tabitha Balutis So..... Bendersville, PA
 Amanda Barr Jr. Strasburg, PA
 Tessa Borden Fr..... Stockton, NJ
 Karlana Brown Fr..... Pasadena, MD
 Sara Brown..... Sr..... Troy, PA
 Ashley Cordiner Fr..... Freehold, NJ
 Jess Derrickson So..... Sellersville, PA
 Alyssa Dietrich..... Fr..... Kempton, PA
 Meaghan Donovan Fr..... Freehold, NJ
 Caitlin Dorgan..... So..... Red Bank, NJ
 Kelly Harding..... Sr..... Denver, PA
 Rachelle Hare..... Fr..... Lebanon, PA
 Becky Heisey Sr..... Jersey Shore, PA
 Talesha Karish..... Jr. Bethel, PA
 Brittany Lehman Fr..... Chambersburg, PA
 Caitlin McQueen So..... Sandwich, MA
 Margaret Mote..... Fr..... Newtown, PA
 Melissa Plourde..... Jr. Folcroft, PA
 Brittany Schwartz..... Jr. Strasburg, PA
 Meghan Tyman So..... Holliston, MA

DeSales — Head Coach Gordon Hornig

Lauren Annucci Jr. Aston, PA
 Sarah Bannon So..... Bayonne, NJ
 Nicole Chickey..... Fr..... Bethlehem, PA
 Taryn Collins..... Jr. Hanover, PA
 Amy DeVivo Fr..... Easton, PA
 Julie Dielmann Jr. Wilmington, DE
 Lisa Ellenberger Fr..... Coopersburg, PA
 Amy Fitzpatrick Sr..... Schenectady, NY
 Mara Franko..... Fr..... Pottsville, PA
 Amber Fryer..... So..... Pottsville, PA

Amanda Grone Fr..... Heislerville, NJ
 Cassie Harmon Fr..... Charlton, MA
 Sam Hughes Fr..... Bethlehem, PA
 Katie Kelly So..... Warminster, PA
 Kristina Klein..... So..... Brackney, PA
 Allison Kurowski So..... Gouldsboro, PA
 Alessandra LaMastro Jr. Flanders, NJ
 Beth Malseed Jr. Claymont, DE
 Crissy Meehan Sr..... Harleysville, PA
 Bridgette McGinnis... Sr..... Newtown, PA
 Jaimie Osborn So..... Nazareth, PA
 Emily Rau So..... Westmont, NJ
 Lizzie Robinson So..... Abingdon, MD
 Stephanie Sell..... So..... Oley, PA
 Ashley Short..... Jr. Temple, PA
 Ameer Siegel So..... Breinigsville, PA
 Beth Slaybaugh Sr..... Harrisburg, PA
 Jennifer Smith Jr. Warminster, PA
 Morgan Sprenkle..... Jr. Southampton, PA
 Michelle Traub So..... New Hartford, CT
 Ashley Wade Fr..... Hackensack, NJ
 Jeanine Walsh..... Jr. Philadelphia, PA
 Shannon Webb Jr. Bensalem, PA
 Meghan Weber Jr. Doylestown, PA

Elizabethtown - Head Coach Jeff Hoffsmith

Abbey Anderson Jr. Marlton, NJ
 Teresa Beshore So..... New Cumberland, PA
 Marquel Bowler Jr. Columbia, MD
 Crystal Connelly Fr..... Lower Waterford, VT
 Amanda Daws Sr..... Thorofare, NJ
 Sarah DeGeorge So..... Butler, PA
 Caralie Focht Fr..... Etters, PA
 Bernadette Frawley .. Jr. Berwyn, PA
 Janelle Gallant..... Fr..... Bridgewater, CT
 Allie Gold So..... Columbia, PA
 Kathryn Howser Fr..... Annapolis, MD
 Tiffany Kulp..... Sr..... Perkasie, PA
 Sarah Lanphier Sr..... York, PA
 Kate Leibrand So..... Delran, NJ
 Nicole Lipari Fr..... Massapequa, NY
 Chelsea Miles..... Sr..... Media, PA
 Katie Nordyke..... Fr..... Monrovia, MD
 Kristen O'Brien So..... Westminster, MD
 Jill Patrick Fr..... Pitman, NJ
 Megan VanDenHengel . Jr. Mechanicsburg, PA
 Alex Walmer So..... Hershey, PA
 Gabrielle Whitley So..... Lititz, PA
 Lisa Williamson Fr..... Sinking Spring, PA

Lebanon Valley — Head Coach Melissa Weidler

Nicole Barra Fr Philadelphia PA
 Megan Bradley..... Fr Maryland Springs MD
 Katherine Campbell .. Sr Honesdale PA
 Jennifer Cronin..... So..... Kings Park NY
 Stephanie Derk..... Fr Hummelstown PA
 Emily Devivo Fr Easton PA
 Brianna Eroh Fr Sunbury PA
 Kaitlin Evison So..... Tabernacle NJ
 Tracey Fortugno Jr Milford NJ
 Tiffany Frederick Fr Sunbury PA
 Nicole Gallo Fr Clifton Heights PA
 Kelly Jamison..... Fr Jim Thorpe PA
 Lauren Johnson Jr Cogan Station PA
 Miranda Klinger..... So..... Saint Clair PA
 Amanda Knapp Sr Millerton PA
 Andrea Kozlowski Fr Newton NJ
 Megan Long Jr Cleona PA
 Amanda Pone Jr Bordentown NJ
 Jennifer Reilly..... Jr Pottsville PA
 Allix Sanders..... Jr Cleona PA
 Yesenia Santiago Sr Dover NJ
 Kelsey Sherman Fr Bloomsburg PA
 Johanna Walker Fr Pottsville PA
 Porscha Williams So..... Mechanicsburg PA
 Amy Willow Jr Millerstown PA

Messiah — Head Coach Dale Fogelsanger

Brooke Airey Fr Langhorne, PA
 Kristen Bates Jr Landisburg, PA
 Emily Brantner..... Fr Lewisberry, PA
 Sarah Clemmer..... Jr Souderton, PA
 Laura Daniel..... So..... Montvale, NJ
 Briana Eshleman Jr E. Town, PA
 Sarah Evans..... Sr Cicero, NY
 Tamara Fawcett Jr Chester, NH
 Abbey Glenzel So..... Hingham, MA
 Lauren Harte Fr Port Murray, NJ
 Ellamae Heisey So..... Jersey Shore, PA
 Jennifer Hellmann..... Jr Trappe, PA
 Mary Higgins Fr Carlisle, PA
 Erin Horst..... Fr Lancaster, PA
 Grace Kaste..... So..... Chagrin Falls, OH
 Jennifer Kooser Sr Mill Run, PA
 Alyssa Lengel..... So..... Selinsgrove, PA
 Courtney Long Fr Coplay, PA
 Abby McDonald..... Fr Etters, PA
 Emily Olson So..... Fairport, NY
 Danielle Osborne Jr Rodman, NY
 Inna Potekhina Jr Brunswick, MD
 Erin Rhodes..... Jr Mogadore, OH

**2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP
WOMEN'S ROSTERS**

Delilah Ruiz Sr Mantua, NJ
 Steph Shenk So Hamburg, PA
 Megain Sisson So Wolcott, CT
 Kate Spiering Fr Leesburg, VA
 Clara Stone Fr Royal Oak, Md
 Emily Strait So Boiling Springs, PA
 Rachael Szewczyk Jr Bethel Park, PA
 Kaitlyn Valis So Westminster, MD
 Jackie Van Arsdale Jr Silverdale, PA
 Liz Van Winkle Jr Purcellville, VA
 Jen Wu Sr Monroeville, PA

Misericordia — Head Coach Chris Wadas

Jessica Bealer Fr New Ringgold, PA
 Susan Bochnovich Sr Olyphant, PA
 Alicia Bryk So Dupont, PA
 Ashley Cory Sr Pottsville, PA
 Marcie Cusatis So Hazleton, PA
 Aimee DiLucido Fr Collingdale, PA
 Sami Duttry So Muncy, PA
 Kristen Fry So Muncy, PA
 Caitlin Gardner Jr Brick, NJ
 Shannon Kane So Springfield, PA
 Jodie Kitchell Fr

Debra Kortze Fr Bernville, PA
 Maura O'Rourke Fr Holmes, NY
 Ali Ostrum Sr Wilkes-Barre, PA
 Natasha Pavlichko So Andover, NJ
 Stephanie Pellegrino Jr Middletown, NY
 Amanda Radishofski So Hazleton, PA
 Abbey Ramsey Fr Camp Hill, PA
 Robin Razawich Jr Dallas, PA
 Rachel Tomkins Fr Slatedale, PA
 Alaina Trent Jr Montgomery, NY
 Katie Usher Fr Turnersville, NJ
 Alexandra Velez So Jim Thorpe, PA
 Kayla Weaver So Hazleton, PA
 Ramah Williams Fr Shawanes, PA

Shenandoah --- Head Coach Andrew Marrocco

Ashleigh Council Fr Burtonsville, MD
 Sierra Edwards Fr Leesburg, VA
 Justine Hastings Fr Plattsburgh, NY
 Sarah Hickie So Johnson City, TN
 Kristen Melton Jr Poquoson, VA
 Kelley Mitchell So Front Royal, VA
 Amy Smith Fr Bassett, VA

Brandi Sobanko Fr New Market, VA
 Samantha Weltz Sr Herndon, VA
 Sachet Wormley Fr Midlothian, VA

Widener — Head Coach Vince Touey

Valisha Andrus So Pemberton, NJ
 Jessie Furia So Morton, PA
 Carly Graffeo Sr Howell, NJ
 Nikita Halteman Jr Hatfield, PA
 Tricia Hunt So Glenolden, PA
 Emilie Keane Fr Haddonfield, NJ
 Danae Knight Fr Philadelphia, PA
 Courtney Lapp Fr Lancaster, PA
 Katie McDermott Fr Collingswood, NJ
 Brooke McDonald Fr Drexel Hill, PA
 Sheena Sanchez Fr Glen Burnie, MD
 Emily Santo Sr Woodbury Hgts., NJ
 Jillian Taylor So Philadelphia, PA
 Heather Williams Fr Bangor, PA
 Bonnie Zwissler So St. Leonard, MD

**2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP
MEN'S ROSTERS**

Albright — Head Coach Deneen Ebling

Tim Alabi Sr Washington DC
 Ryan Bausch Sr Hummelstown, PA
 Chris Bollinger Jr Little Silver, NJ
 George Cook Fr Brick, NJ
 Dan Dalton Jr Philadelphia, PA
 Christopher Debski Fr Farmingdale, NJ
 Jordan Fegley Fr Reading, PA
 Jordan Gilbert Fr Pittsgrove, NJ
 Jacob Goldberg So Haddonfield, PA
 Tedd Hansbury Fr Cherry Hill, NJ
 Andrew Hettinger So Sinking Spring, PA
 Jermaine Johnson Fr Forestville, MD
 Kyle Keller Fr Schoneck, PA
 Robert Kellert So Brick, NJ
 Clif LeGrand Fr Prince Frederick, MD
 Ryan Mays Fr Reisterstown, MD
 Anthony Pellegrino So Maple Shade, NJ
 Michael Reed Fr Baltimore, MD
 Aaron Rogers Fr Reading, PA
 Spencer Shaak Jr Reading, PA
 Jason Spitzer So Wernersville, PA
 Ryan Thomas Sr Mohrsville, PA
 Jeff Wasco Fr Saylorsburg, PA
 Ryan Wells Fr Toms River, NJ
 Donald Wonnice Fr Reading, PA
 Tevin Wood Fr Baltimore, MD

Delaware Valley — Head Coach Ed Andrewlevich

Chip Brumbaugh Jr Hatboro, PA

Kevin Carlock Jr Oceanside, NY
 Dan Fenstermacher Sr Grove City, PA
 Chas Heberlig Fr Newville, PA
 George Johnson Rf Bridgewater, NJ
 Todd Kriner Fr Lehighton, PA
 Chad Martin So Oxford, PA
 Tom Masterson Fr Hopatcong, NJ
 Kevin McCoy Jr Clarksville, MD
 Steve Miller Fr Perkasio, PA
 Matthew Palmieri Fr Columbus, NJ
 Jon Petrillak So Greenfield Twnshp, PA
 Travis Pitts Fr Tamaqua, PA
 Justin Ramsay Fr Yeadon, PA
 Kery Swope Jr Marietta, PA
 Shane Toohey Sr Neptune, NJ
 Kevin Weber Sr Telford, PA
 Matt Wiley So Cliffwood Beach, NJ

DeSales — Head Coach Al Weiner

Tim Anzovino Fr Cornwall, NY
 Bobby Bacon Jr Hatfield, PA
 Robert Bogarde Fr Bristol, PA
 Pat Brophy Sr Broomall, PA
 Brent Clauser Fr Pottsville, PA
 Alex Clemson Fr Sewell, NJ
 Patrick Clifford So Bethlehem, PA
 Justin Cuga Jr Neward, DE
 Mike Curry So Kennett Square, PA
 Eric Decker So Bethlehem, PA
 Justin Del Piano Jr Monmouth Junc., NJ

James DePalma Fr Wayne, NJ
 Ken Devens So Vernon, NJ
 Pat Dougherty So Schuylkill Haven, PA
 Paul Ecker So Lewes, DE
 Andrew Ferretti Jr Collegeville, PA
 Brian Filanowski So Cumbola, PA
 Patrick Filanowski So Cumbola, PA
 Mike Gallagher Sr Bensalem, PA
 Adam Gori Sr Sellersville, PA
 Kevin Gwinn So Center Muriches, NY
 Doug Harding Fr Dallas, PA
 Frank Haviland Fr Toms River, NJ
 Pat Hess Jr Harrisburg, PA
 Joe Leeson Fr Bethlehem, PA
 Derek Long Fr Wernersville, PA
 Matt Lykens Fr Reading, PA
 Andrew MacNiven Fr East Hampton, NY
 Joshua Medvecky Fr Drums, PA
 Hank Miller Fr Hamburg, PA
 John Modesto So Pottsville, PA
 Steve Modrow Jr Forty Fort, PA
 Pete Moreni So Philadelphia, PA
 Jeremy Morse Sr Ashland, MA
 Shane Nauss So Vernon, NJ
 Justin Purdie Fr Sleepy Hollow, NY
 Rob Puzycki Sr Bensalem, PA
 Paul Rakszawski So Lansdale, PA
 Sam Reals So Reading, PA
 Nick Staats Jr Montrose, PA
 Dan Szilagyi Fr Liverpool, NY

2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP

MEN'S ROSTERS

Jack Tarpey So Freehold, NJ
 Ryne Tierno Fr Bath, PA
 Dave Touhill Fr Warren, NJ
 Eric Yeager Jr Nazareth, PA

Elizabethtown — Head Coach Chris Straub

Phil Alder Sr Pottstown, PA
 Steven Boyer Fr Pottsville, PA
 Evan DeArmitt Fr Harrisburg, PA
 Adam Derkacz So Huguenot, NY
 Scott Derkacz Jr Huguenot, NY
 Pat Doughty Fr Macungie, PA
 Elton Dos Santos Jr Philadelphia, PA
 Wyatt Eaton Jr York, PA
 Kyle Grimm Jr Pottstown, PA
 Rich Greco So Holmdel, NJ
 Chris Heisey So Middletown, PA
 Zach Johnson Fr Phoenixville, PA
 Clayton Kaier Fr Phoenixville, PA
 Tim Katzaman Jr Wyomissing, PA
 Charlie Larsen Fr Phoenix, MD
 Jason Mastroianni Sr Macungie, PA
 Jeremy Matula Sr Bath, PA
 Casey McGarvey Fr Bozrah, CT
 Colby Miller Fr Oak Hill, VA
 James Munnelly Sr Doylestown, PA
 Matt Myers So Pennsylvania, PA
 Chris Niles Fr Warrington, PA
 Daniel Obold Fr Birdsboro, PA
 Eric Reichert Fr Hershey, PA
 Jared Rosenau Sr Ambler, PA
 Dylan Rulander Sr Russell, PA
 Russell Speiden Fr Brookeville, MD
 Mark Weber Fr Tinton Falls, NJ
 Jason Yurchak Sr Franklinville, NJ

Lebanon Valley — Head Coach Melissa Weidler

Ronny Acosta So York PA
 Jeffrey Anderson Sr Horsham PA
 Jeremy Ansbach Sr Ashland PA
 Christopher Avey Jr Waynesboro PA
 Christopher Bauer Sr Sea Cliff NY
 Zack Bleiler So Annville PA
 Mark Bowne So Blossburg PA
 Tyler Cisarik Jr Pennsylvania PA
 Christopher Clements Jr Lebanon PA
 Nicholas D'Angelo Fr Bethlehem PA
 Jerome Duncan Fr Aston PA
 Matthew Fees Fr Brockton PA
 Elias Galan Sr Roslyn PA
 Kyle Himmelreich Sr Sinking Spring PA
 Courland Hoose Fr Shermans Dale PA
 Adam Hurst Sr Cleona PA
 Zachary Kansler Sr Effort PA
 Jessie Kriner Fr Covington PA
 Michael Landshof So Hopatcong NJ
 E. Justin Lee So Mercersburg PA
 Joshua Light Jr Hagerstown MD
 Gabriel Lincoln-Decusat Fr Havre de Grace MD
 Israel Lucena Sr Peach Bottom PA
 Charles O'Brien Sr Schwenksville PA
 Bryan Phanthavong Sr King of Prussia PA
 Wes Rockwell Fr Wrightsville PA
 Willie Rodriguez Fr New York NY
 Andrew Scott So Coatesville PA
 Olusola Sodipo Fr Baltimore MD
 Clint Surgeoner So West Lawn PA
 Hung Vo Fr Lebanon PA

Nathaniel Yinger Sr York PA
 Andrew Young Sr Easton PA

Messiah — Head Coach Dale Fogelsanger

Dietrich Alderfer Fr Harleysville, PA
 Billy Arboleda Fr Levittown, NY
 Brain Bilbrough Fr Denton, Md
 Artie Black Jr Renfrew, PA
 Trevor Book Jr Harrisburg, PA
 Christopher Boyd So Dillsburg, PA
 Jason Brown Sr Glenmoore, PA
 Branden Brunner Jr Hampstead, NC
 Matt Cross Fr Bel Air, MD
 James Davis Sr Ottsville, PA
 Frank Eanes Sr Scottdale, PA
 Krystian Eelsey Fr Mount Laurel, NJ
 Ryan Faus So Elizabethtown, PA
 Derek Forney So Shippensburg, PA
 Ryan Frederick Fr Hamburg, PA
 Daniel Herring Fr West Chester, PA
 Matthew Herring Fr West Chester, PA
 Jared High So Perkasie, PA
 Jordan Holloway So Carlisle, PA
 Austin Holt Fr Uxbridge, MA
 Aaron Hoover Jr Carlisle, PA
 Craig Hutcheson Fr Edinboro, PA
 Cory Kaufman Jr Somerset, PA
 Mike Kimmel So Dillsburg, PA
 Caleb Liddick Fr Lock Haven, PA
 Joseph Loreti Fr Hamilton, NJ
 Mark Mccaskey Sr Richfield Spring, NY
 Drew Melnick Fr Carrollton, TX
 Taylor Munoz So East Stroudsburg, PA
 Nathan Myers Fr Mooers, NY
 Tyler Newhook Fr Long Pond, PA
 Eddy Palmer Jr York, PA
 Brandon Parry Jr Bangor, PA
 Ryan Pastore So Tarrytown, NY
 Rich Pennisi Fr Collingswood, NJ
 Patrick Roach Sr Boiling Springs, PA
 Cody Rosenbarker So Owego, NY
 Landon Scholl Jr Selinsgrove, PA
 Peter Shenk Jr Lititz, PA
 Ted Simmons Jr Manheim, PA
 Jeff Smiles Jr Kent, OH
 AJ Smith Jr Harrisburg, PA
 Andrew Springer Fr Waldorf, MD
 Joshua Stone Jr Royal Oak, MD
 Matt Tomitz Jr Crofton, MD
 Chris Vasaturo Fr Morgantown, PA
 Jesse Weidemann So Abington, PA
 Matt Wicks Jr Syracuse, NY

Misericordia --- Head Coach Chris Wadas

Steve Beecher Sr Deptford, NJ
 Pat Blaskiewicz So Honesdale, PA
 Frank Castrignano Fr Shavertown, PA
 Josh Chaudoin Jr Elizabethtown, PA
 Steven Clemson Fr Nesquehoning, PA
 Vitaliy Doboni So Wilkes-Barre, PA
 Ryan Garges Jr Warren Center, PA
 Kanen Gavitt Fr Eagles Mere, PA
 Ryan Hannagan Fr Wilkes-Barre PA
 Tim Hoban Sr Exeter, PA
 Kyle Karpich Jr Springville, PA
 David Meyer So Audubon, NJ
 Patrick Noonan So Boothwyn, PA
 Brian O'Neill So Monroe, NY

Art Pupa So Pittston, PA
 Frank Redmond So Harding, PA
 Andrew Roccogranti So Kingston, PA
 Jeff Salvatore Fr Mullica Hill, NJ
 Kyle Suponcic Fr Shavertown, PA
 Chase Thomson Fr Wysox, PA
 Dave Verzella Jr Havertown, PA
 Stephen Zubko So Dallas, PA
 Dan Warakomiski Fr Nanticoke, PA

Shenandoah --- Head Coach Andrew Marrocco

Daniel Daisey So Seaford, DE
 Nick Denman Fr Neversink, NY
 Kyle Farrell Fr Poquoson, VA
 Jake Garcia Fr Brick, NJ
 Kyle Gutierrez Fr Woodbridge, VA
 Thomas McKenna So Alexandria, VA
 Josiah Renton Fr Manassas, VA
 Tim Robinson Fr Stafford, VA
 Kevin Schaeffer Jr York, PA

Widener — Head Coach Vince Touey

Eric Albohn Fr Easton, PA
 Corey Andolfi Sr Frenchtown, NJ
 Marc Bandola Jr Clarksburg, NJ
 Matt Bell Sr Mohnton, PA
 Mark Benedetto So Vineland, NJ
 Kevin Boyle Jr Ridley Twsp., PA
 Kyle Brogan Fr Chatham, NJ
 Jeff Cain Jr Marlton, NJ
 Kasey Collins Fr Point Pleasant, NJ
 Dennis Conn Fr Morton, PA
 Tom Creighton Sr Springfield, PA
 Eric Davis Fr Briarcliffe, NJ
 Matt DiCarlo Jr Wallingford, PA
 Robert Dowd Fr Doylestown, PA
 Marc Ford Sr Newark, DE
 Mike Ford Sr Newark, DE
 Julian Funari So Philadelphia, PA
 Michael Garrity Fr Briarcliffe, PA
 James Green Jr Lansdale, PA
 Tyler Harvey Jr West Chester, PA
 Andrew Herrera So Berkeley Heights, NJ
 Ian Hilliard So Allentown, PA
 Bernard Innocent Jr Fairfax, VA
 Robert Innocent So Fairfax, VA
 Peter Kada Jr Philadelphia, PA
 Jeremy Langer Sr Holmdel, NJ
 Tim Malloy Fr Langhorne, PA
 Arthur Marlin So Willow Grove, PA
 Matt Martinez Fr Camden, NJ
 Sean McCarthy Fr Ellicott City, MD
 Brad Moran So Neshanic Station, NJ
 Jacob Munick So Narbeth, PA
 Mike O'Hara Fr Warminster, PA
 Pedro Perez So Pennsauken, NJ
 Mike Prado Fr Clarks Summit, PA
 Matt Raymond Fr New Providence, NJ
 James Romano Fr Woodbine, NJ
 Matt Rudy Sr Reading, PA
 Emmanuel Rupert Fr Baltimore, MD
 Anthony Sciandra Jr Upper Darby, PA
 John Vickery Fr Springfield, PA
 Ricky Williams Fr Philadelphia, PA
 Brian Wirtz Fr Blackwood, NJ
 James Woodley Jr Pittsgrove, NJ

**2008 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP
PAST MEN'S CHAMPIONS (LAST 15 YEARS)**

55 Meters

2008	AJ Farris (Elizabethtown).....	6.55
2007	Randy Anderson (Juniata).....	6.42
2006	Stephon Finley (Elizabethtown)	6.53
2005	Randy Anderson (Juniata).....	6.55
2004	Mike Bauer (Etown)	6.61
2003	Joe Moore (Moravian)	6.65
2002	Michael Coleman (Widener).....	6.66
2001	Jerome Robinson (Widener)	6.45
2000	Tony Brown (Widener)	6.56
1999	Tony Brown (Widener)	6.69
1998	Tony Brown (Widener)	6.74
1997	Ian Smith (Susquehanna).....	6.71
1996	Dan Cregan (Susquehanna).....	6.73
1995	Gregg Barrett (Widener).....	6.54
1994	Gregg Barrett (Widener).....	6.62

200 Meters

2008	Patrick Roach (Messiah).....	22.92
2007	Ozzie Brown (Moravian).....	22.37
2006	Lou Corominas (DeSales).....	22.34
2005	Lou Corominas (DeSales).....	22.40
2004	Kyle Sanders (Susquehanna)	23.09
2003	Joe Moore (Moravian)	22.82
2002	Kevin Bush (Moravian)	22.68
2001	Michael Coleman (Widener).....	23.37
2000	Tony Brown (Widener)	22.88
1999	Tony Brown (Widener)	23.51
1998	Tony Brown (Widener)	23.26
1997	Tony Brown (Widener)	23.37
1996	Nate Hillegas (Leb Valley).....	23.84
1995	Nate Hillegas (Leb Valley).....	23.92
1994	Gregg Barrett (Widener).....	23.82

400 Meters

2008	Drew Graybeal (Elizabethtown) ...	49.44
2007	Drew Graybeal (Elizabethtown) ...	49.61
2006	Lou Corominas (DeSales).....	48.77
2005	Lou Corominas (DeSales).....	49.26
2004	Lou Corominas (DeSales).....	49.90
2003	Scott Silvoy (Moravian).....	50.05
2002	Kevin Bush (Moravian)	50.41
2001	Josh Heebner (Moravian).....	52.26
2000	Ray Crooms (Widener)	51.44
1999	Ray Crooms (Widener).....	53.13
1998	Michael Angelo (Susquehanna)	53.02
1997	Dave Kenworthy (Widener).....	52.52
1996	Bill Korr (Moravian).....	53.58
1995	Nate Hillegas (Leb Valley).....	53.04
1994	Doug Goldblatt (Susquehanna).....	54.54

800 Meters

2008	Drew Graybeal (Elizabethtown)	1:57.15
2007	Drew Graybeal (Etown).....	1:57.50
2006	Tyson Evensen (Etown)	1:55.40
2005	Patrick Donovan (Etown)	1:54.42
2004	Macharia Yuot (Widener).....	1:56.55
2003	Greg Wetzel (Etown).....	1:58.32
2002	Will Brownback (Widener).....	1:55.86
2001	Will Brownback (Widener).....	1:57.70
2000	Will Brownback (Widener).....	2:01.92
1999	Josh Heebner (Moravian).....	2:00.53
1998	Frank Gensemer (Widener).....	2:04.10
1997	Richard Kneale (SU).....	2:00.71
1996	Philip Gault (Messiah)	2:01.99
1995	Rodney Clark (Widener).....	2:03.55
1994	Matt Ollikainen (SU)	2:01.01

1 mile (1500 meters, 1992-05)

2008	Cory Kaufman (Messiah).....	4:26.87
2007	Patrick Donovan (Etown)	4:23.53
2006	Macharia Yuot (Widener).....	4:13.63
2005	Macharia Yuot (Widener).....	3:56.07
2004	Macharia Yuot (Widener).....	3:55.98
2003	Steve Sanko (Etown).....	4:00.53
2002	Steve Sanko (Etown).....	4:03.87
2001	Matt Doumaux (Widener).....	4:10.51
2000	Tim Pfluger (Moravian)	4:07.12
1999	Tim Pfluger (Moravian)	4:07.30
1998	Tim Pfluger (Moravian)	4:12.30
1997	Art Dicola (Widener)	4:10.06
1996	Mark Bersheim (Widener)	4:15.08
1995	Rodney Clark (Widener).....	4:14.64
1994	Chuck Holiday (DVC)	4:12.04

5000 Meters

2008	John Nastos (DeSales)	15:48.68
2007	Frank Eanes (Messiah).....	15:07.21
2006	Macharia Yuot (Widener).....	15:10.60
2005	Macharia Yuot (Widener).....	15:04.45
2004	Mike Vidumsky (DeSales).....	15:06.40
2003	Steve Sanko (Etown).....	15:07.44
2002	Josh Lyman (Etown)	15:24.23
2001	Dave Berdan (Etown)	15:10.63
2000	Larry Bullock (Etown).....	15:58.62
1999	Jeff Minnich (Moravian).....	15:54.40
1998	Art DiCola (Widener)	16:00.55
1997	Art Dicola (Widener)	16:01.89
1996	Craig Saldibar (Moravian).....	15:57.40
1995	Jeff Koegel (Leb Valley).....	16:20.24
1994	Jeff Koegel (Leb Valley).....	16:26.25

55 Meter Hurdles

2008	Kevin Clark (Elizabethtown).....	7.95
2007	Ozzie Brown (Moravian).....	7.53
2006	Nathaniel Tussey (Moravian).....	7.73
2005	Nathaniel Tussey (Moravian).....	7.74
2004	Matt Bailey (Moravian)	7.83
2003	Dusty Lehr (Juniata)	7.82
2002	Dusty Lehr (Juniata)	7.69
2001	Chris Boyles (Messiah).....	7.78
2000	Chris Boyles (Messiah).....	8.10
1999	James Delp (Albright).....	8.14
1998	Dan Oliynich (Moravian).....	8.03
1997	Sean Stoner (Widener).....	8.10
1996	Sean Stoner (Widener).....	7.99
1995	Charles Moore (Albright)	8.19
1994	Charles Moore (Albright)	8.08

4x200 Meter Relay

2008	Messiah	1:32.06
2007	Moravian	1:31.55
2006	Elizabethtown	1:32.55
2005	Moravian	1:31.08
2004	Susquehanna	1:32.77
2003	Widener	1:32.54
2002	Widener	1:31.27
2001	Not held (ran 4x160 yards)	
2000	Widener	1:36.61
1999	Widener	1:33.75
1998	Lebanon Valley	1:36.81
1997	Widener	1:33.88
1996	Moravian	1:38.48
1995	Susquehanna	1:40.34
1994	Susquehanna	1:37.47

4x400 Meter Relay

2008	Elizabethtown	3:26.44
2007	Elizabethtown	3:26.45
2006	Elizabethtown	3:25.79
2005	Elizabethtown	3:23.68
2004	Susquehanna	3:27.39
2003	Widener	3:31.56
2002	Moravian	3:28.28
2001	Widener	3:32.65
2000	Widener	3:36.67
1999	Widener	3:39.09
1998	Widener	3:38.98
1997	Widener	3:38.80
1996	Widener	3:39.06
1995	Lebanon Valley	3:38.26
1994	Lebanon Valley	3:38.19

4x800 Meter Relay

2008	DeSales	8:02.68
2007	DeSales	8:05.93
2006	Elizabethtown	8:06.24
2005	Elizabethtown	8:08.63
2004	Elizabethtown	8:02.11
2003	Elizabethtown	8:07.03
2002	Widener	8:16.13
2001	Widener	8:15.12
2000	Widener	8:17.30
1999	Moravian	8:21.76
1998	Moravian	8:26.35
1997	Widener	8:26.95
1996	Moravian	8:26.80
1995	Widener	8:26.46
1994	Widener	8:37.77

Distance Medley Relay

2008	Elizabethtown	10:55.36
2007	Elizabethtown	10:29.89
2006	Juniata	10:44.08
2005	Elizabethtown	10:35.66
2004	Elizabethtown	10:28.08
2003	Elizabethtown	10:43.70
2002	Moravian	10:41.17
2001	Elizabethtown	10:46.25
2000	Moravian	10:57.23
1999	Moravian	11:00.90
1998	Moravian	11:01.34
1997	Not Held	
1996	Not Held	
1995	Not Held	
1994	Not Held	

**INDIVIDUAL CHAMPIONS
BY SCHOOL**

Widener	58
Elizabethtown	29
Lebanon Valley	17
Messiah	16
DeSales	9
Albright	6
Delaware Valley	2
Misericordia	0
Former members	85

**2008 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP
PAST CHAMPIONS (LAST 15 YEARS)**

Shot Put

2008	James Green (Widener).....	43-04.50
2007	Nick Orfanella (Lebanon Valley).....	48-11
2006	Nathaniel Dutile (Moravian).....	15.06m
2005	John Rauer (Widener).....	14.13m
2004	John Rauer (Widener).....	13.56m
2003	John Rauer (Widener).....	14.10m
2002	Matt Shaffer (Susquehanna).....	47-1
2001	John Kreuzberger (Juniata).....	45-1 1/2
2000	Mike England (Widener).....	44-8
1999	Bill Schmidt (Moravian).....	44-8
1998	Lloyd Hill (Widener).....	45-7 1/2
1997	Dave Cole (Widener).....	42-8
1996	Eric Huyett (Lebanon Valley).....	46-1/2
1995	Michael Hopstetter (DVC).....	45-4.25
1994	Ross DeNisco (Leb Valley).....	47-7 1/2

Weight Throw

2008	Jacob Munick (Widener).....	47-03.00
2007	Nick Orfanella (Leb. Valley).....	55-5 1/2
2006	Nick Orfanella (Leb. Valley).....	15.24m
2005	Matt Hill (Susquehanna).....	15.69m
2004	Matt Hill (Susquehanna).....	15.03m
2003	Matt Bowers (Moravian).....	15.27m
2002	Mike Ruff (Widener).....	51-5 3/4
2001	Mike Ruff (Widener).....	47-10 1/2
2000	Mike Ruff (Widener).....	44-9 1/2
1999	Jason Tete (Widener).....	45-0

Triple Jump

2008	Nicholas Kipe (Messiah).....	43-09.25
2007	Nicholas Kipe (Messiah).....	46-6
2006	Scott Haldeman (Susquehanna).....	14.14m
2005	Jason Patterson (Etown).....	14.55m
2004	Jason Patterson (Etown).....	14.86m
2003	Jason Patterson (Etown).....	14.57m
2002	Michael Coleman (Widener).....	46-6 1/4
2001	Michael Coleman (Widener).....	48-2 3/4
2000	Anthony Rediger (Moravian).....	43-8 3/4
1999	Mike Coleman (Widener).....	45-8
1998	Matt Fenstermacher (SU).....	43-1 3/4
1997	Matt Fenstermacher (SU).....	43-9 1/2
1996	Brian Lamm (Moravian).....	45-1 1/2
1995	Nate McNitt (Susquehanna).....	45-11
1994	Nate McNitt (Susquehanna).....	44-7 1/4

Long Jump

2008	Nicholas Kipe (Messiah).....	22-04.50
2007	Randy Anderson (Juniata).....	22-9 3/4
2006	Ozzie Brown (Moravian).....	7.00m
2005	Ozzie Brown (Moravian).....	6.95m
2004	Joe Moore (Moravian).....	7.23m
2003	Joe Moore (Moravian).....	7.18m
2002	Joe Moore (Moravian).....	23-5 1/4
2001	Michael Coleman (Widener).....	22-6 1/4
2000	Matt Fenstermacher (SU).....	21-5 1/2
1999	Matt Fenstermacher (SU).....	21-11 1/2
1998	Matt Fenstermacher (SU).....	21-7 3/4
1997	Matt Fenstermacher (SU).....	21-11
1996	Vance Szabo (Moravian).....	21-5 1/4
1995	Gregg Barrett (Widener).....	22-1.25
1994	Gregg Barrett (Widener).....	21-8 1/2

High Jump

2008	Ted Simmons (Messiah).....	6-06.00
2007	Mike Marr (Susquehanna).....	6-5 1/2
2006	Mike Drake (Susquehanna).....	6-6
2005	Mike Marr (Susquehanna).....	6-4
2004	Chris Mikaya (Messiah).....	6-6
2003	Jason Patterson (Etown).....	6-4
2002	Chris Boyles (Messiah).....	6-8 1/2
2001	Chris Boyles (Messiah).....	6-8
2000	Chris Boyles (Messiah).....	6-8 1/4
1999	Adam Ressler (Susquehanna).....	6-2
1998	Richard Hopf (Lebanon Valley).....	6-6
1997	Richard Hopf (Lebanon Valley).....	6-6
1996	Erik Olsen (Lebanon Valley).....	6-4
1995	Chris Biever (Susquehanna).....	6-8
1994	Greg Barrett (Widener).....	6-4

Pole Vault

2008	Kevin Klick (Widener).....	14-05.25
2007	Kevin Clark (Elizabethtown).....	16-6
2006	Kevin Clark (Elizabethtown).....	16-3 1/2
2005	Kevin Clark (Elizabethtown).....	15-0
2004	Jeff Feverston (Albright).....	14-0
2003	Rob Daniele (Susquehanna).....	14-9
2002	Dusty Lehr (Juniata).....	14-3 1/2
2001	Dusty Lehr (Juniata).....	14-0
2000	Jeremy Graham (Messiah).....	13-0
1999	Jeff Rhone (Lebanon Valley).....	13-9
1998	Jacob Tshudy (Lebanon Valley).....	13-6
1997	Jason Stepheni (Widener).....	13-6
1996	C.J. Brown (Moravian).....	15-1 3/4
1995	Jake Tshudy (Lebanon Valley).....	13-6
1994	Andy Ulsh (Lebanon Valley).....	13-0

Shot Put

2008	Lauren Lucci (Widener).....	48-00.75
2007	Lauren Lucci (Widener).....	40-2 3/4
2006	Lauren Lucci (Widener).....	13.28m
2005	Lauren Lucci (Widener).....	11.72m
2004	Emily Hester (Del Valley).....	11.08m
2003	Christina Scherwin (Moravian).....	13.70m
2002	Christina Scherwin (Moravian).....	42-10
2001	Christina Scherwin (Moravian).....	42-10 3/4
2000	Ann Musser (Leb Valley).....	39-11 1/2
1999	Ann Musser (Leb Valley).....	40-2
1998	Ann Musser (Leb Valley).....	43-0 1/4
1997	Ann Musser (Leb Valley).....	40-10
1996	Becky Ritchie (Susquehanna).....	38-6
1995	Sharon Possessky (Leb Val).....	37-7 1/4
1994	Sharon Possessky (Leb Val).....	35-11 1/2

Weight Throw

2008	Lauren Lucci (Widener).....	49-03.75
2007	Lauren Lucci (Widener).....	44-1 1/2
2006	Lauren Lucci (Widener).....	14.42m
2005	Blythe Hogan (Widener).....	13.71m
2004	Julie Anderson (Moravian).....	14.50m
2003	Julie Anderson (Moravian).....	13.08m
2002	Sarah Shaneberger (Moravian).....	41-5
2001	Carrie McCaffery (Moravian).....	41-7 1/4
2000	Ann Musser (Lebanon Valley).....	45-0
1999	Ann Musser (Lebanon Valley).....	48-7

Triple Jump

2008	Kristen Bates (Messiah).....	36-05.75
2007	Jessica Posimo (Moravian).....	34-11 1/4
2006	Kimmi Hill (Widener).....	10.74m
2005	Kirsten Rotzell (Moravian).....	11.23m
2004	Kirsten Rotzell (Moravian).....	11.27m
2003	Kirsten Rotzell (Moravian).....	11.34m
2002	Kirsten Rotzell (Moravian).....	35-10
2001	Casey Moser (Etown).....	34-10 1/4
2000	Prisca Chase (Messiah).....	34-11 3/4
1999	Eileen Goliath (Leb Val).....	32-11 3/4
1998	Alexis Katchuk (Moravian).....	36-3/4
1997	Kim Aurand (Susquehanna).....	32-3 3/4
1996	Alexis Katchuk (Moravian).....	36-7.25
1995	Gina Gonzalez (Widener).....	35-5.75
1994	Gina Gonzalez (Widener).....	36-0 3/4

Long Jump

2008	Kristen Bates (Messiah).....	16-06.50
2007	Jessica Posimo (Moravian).....	17-1 1/2
2006	Kathleen McCarron (Moravian).....	5.07m
2005	Kirsten Rotzell (Moravian).....	5.47m
2004	Kirsten Rotzell (Moravian).....	5.49m
2003	Kirsten Rotzell (Moravian).....	5.67m
2002	Kirsten Rotzell (Moravian).....	17-4 1/4
2001	Christina Scherwin (Moravian).....	16-9 3/4
2000	Alexis Katchuk (Moravian).....	15-11 1/2
1999	Eileen Goliath (Lebanon Valley).....	16-5
1998	Alexis Katchuk (Moravian).....	17-1 1/4
1997	Jen Nauss (Lebanon Valley).....	17-2
1996	Janine Shirk (Messiah).....	17-9 1/2
1995	Jen Nauss (Lebanon Valley).....	18-3 3/4
1994	Demetricia Todd (Widener).....	16-8 3/4

High Jump

2008	Kristen Bates (Messiah).....	4-11.75
2007	Kelsey Buffenmyer (Juniata).....	5-1 3/4
2006	Kelsey Buffenmyer (Juniata).....	5-2
2005	Sarah Burkhardt (Susquehanna).....	5-2
2004	Carrie Kerna (Etown).....	5-4
2003	Lynsey Boggess (Moravian).....	5-1
2002	Katie Hershberger (Etown).....	5-2
2001	Christy Pierce (Widener).....	5-2
2000	Sue Filaseta (DeSales).....	5-0
1999	Holly Whitpan (Albright).....	5-2
1998	Erica Landes (Moravian).....	5-0
1997	Erica Landes (Moravian).....	5-0
1996	Thea Rommet (Lebanon Valley).....	5-0
1995	Rosie Metz (Susquehanna).....	4-10
1994	Tami Reinmiller (Widener).....	4-8

Pole Vault

2008	Samantha Ward (DeSales).....	10-11.75
2007	Anna Heim (Moravian).....	12-6
2006	Erin Weaner (Messiah).....	11-1.25
2005	Casey Kauffman (Susquehanna).....	10-0
2004	Erin Weaner (Messiah).....	10-0
2003	Rebecca Moore (Moravian).....	10-0
2002	April Mafturak (Del Valley).....	9-3
2001	Jessica Popp (Etown).....	9-6
2000	Sara Brown (Messiah).....	9-1

**Bold years indicate
MAC record performance**

**2008 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP
PAST WOMEN'S CHAMPIONS (LAST 15 YEARS)**

55 Meters

2008	Kristen Bates (Messiah).....	7.52
2007	Erin Recker (Moravian).....	7.34
2006	Erin Recker (Moravian).....	7.31
2005	Erin Recker (Moravian).....	7.26
2004	Erin Recker (Moravian).....	7.32
2003	Megan Patrono (Susquehanna).....	7.46
2002	Willie Simmons (Widener).....	7.49
2001	Laura Jean (Albright).....	7.59
2000	Tara Ruhl (Lebanon Valley).....	7.78
1999	Jana Romlein (Lebanon Valley).....	7.88
1998	JoAnn Kertesz (Moravian).....	7.65
1997	JoAnn Kertesz (Moravian).....	7.67
1996	Tammy Litts (Susquehanna).....	7.52
1995	Jenn Nauss (Lebanon Valley).....	7.59
1994	Kathy Lauletta (Widener).....	7.68

200 Meters

2008	Brianne Genter (Albright).....	27.15
2007	Dana Haslett (Moravian).....	25.99
2006	Erin Recker (Moravian).....	26.54
2005	Erin Recker (Moravian).....	26.29
2004	Suzanne Tamlyn (Moravian).....	26.28
2003	Megan Patrono (Susquehanna).....	26.48
2002	Nicole Day (Widener).....	26.32
2001	Laura Jean (Albright).....	27.33
2000	Tara Ruhl (Lebanon Valley).....	28.33
1999	Tara Ruhl (Lebanon Valley).....	28.31
1998	JoAnn Kertesz (Moravian).....	27.83
1997	Jen Nauss (Lebanon Valley).....	27.20
1996	Jen Nauss (Lebanon Valley).....	27.07
1995	Jen Nauss (Lebanon Valley).....	27.32
1994	Kathy Lauletta (Widener).....	27.42

400 Meters

2008	Rachel Hepkins (Messiah).....	59.88
2007	Emily Lepley (Susquehanna).....	1:00.08
2006	Emily Lepley (Susquehanna).....	59.28
2005	Suzanne Tamlyn (Moravian).....	59.97
2004	Lakeisha Fairley (Albright).....	59.60
2003	Lakeisha Fairley (Albright).....	59.93
2002	Lakeisha Fairley (Albright).....	1:00.16
2001	Jessica Sauve (Messiah).....	1:02.97
2000	Jana Romlein (Leb Valley).....	1:01.87
1999	Jen Becker (Susquehanna).....	1:03.54
1998	Eileen McMenamin (Widener).....	1:03.26
1997	Jen Nauss (Leb Valley).....	1:03.24
1996	Alyssa Strausberger (Mor.).....	1:02.26
1995	Kathy Saggio (Widener).....	1:08.03
1994	Heidi Peterson (Susquehanna).....	1:04.41

800 Meters

2008	Tiffany Kulp (Elizabethtown).....	2:20.89
2007	Tiffany Kulp (Elizabethtown).....	2:24.76
2006	Tiffany Kulp (Elizabethtown).....	2:24.90
2005	Heather McGarvie (Moravian).....	2:19.58
2004	Gina Lucrezi (DeSales).....	2:17.61
2003	Jill Brobst (Etown).....	2:23.26
2002	Heather McGarvie (Moravian).....	2:22.37
2001	Heidi Wolfsberger (Moravian).....	2:20.90
2000	Heidi Wolfsberger (Moravian).....	2:24.43
1999	Heidi Wolfsberger (Moravian).....	2:22.86
1998	Katie L'Armand (Widener).....	2:25.68
1997	Kasie Hornberger (Moravian).....	2:27.57
1996	Shannon McDonald (Mor.).....	2:25.33
1995	Lauren Summa (Albright).....	2:28.52
1994	Kathy Saggio (Widener).....	2:37.33

1 mile (1500 meters, 1992-05)

2008	Tiffany Kulp (Elizabethtown).....	5:10.42
2007	Heather Matta (Susquehanna).....	5:18.05
2006	Heather Matta (Susquehanna).....	5:22.09
2005	Gina Lucrezi (DeSales).....	4:42.45
2004	Gina Lucrezi (DeSales).....	4:41.12
2003	Gina Lucrezi (DeSales).....	4:53.13
2002	Gina Lucrezi (DeSales).....	4:49.66
2001	Heidi Wolfsberger (Moravian).....	4:43.97
2000	Heidi Wolfsberger (Moravian).....	4:49.38
1999	Kristie Reccek (Moravian).....	4:56.57
1998	Kristie Reccek (Moravian).....	4:55.31
1997	Tara Wartman (Moravian).....	4:52.92
1996	Becky Page (Moravian).....	5:00.42
1995	Lori Choynowski (Albright).....	5:09.68
1994	Lori Choynowski (Albright).....	5:16.32

5000 Meters (formerly 3000)

2008	Erin Fisher (Elizabethtown).....	17:34.50
2007	Erin Fisher (Elizabethtown).....	18:45.07
2006	Nancy Hayes (Juniata).....	18:46.47
2005	Melissa St Clair (Etown).....	17:48.89
2004	Chelsea Mullins (Moravian).....	19:03.55
2003	Melissa St. Clair (Etown).....	18:38.20
2002	Emily Shertzer (Moravian).....	17:50.90
2001	Emily Shertzer (Moravian).....	18:09.33
2000	Emily Shertzer (Moravian).....	18:25.61
1999	Emily Shertzer (Moravian).....	10:54.55
1998	Tara Wartman (Moravian).....	10:53.29
1997	Tara Wartman (Moravian).....	10:45.60
1996	Tara Wartman (Moravian).....	10:51.20
1995	Lori Choynowski (Albright).....	11:11.8
1994	Kim Westergom (Widener).....	11:48.47

55 Meter Hurdles

2008	Kristen Bates (Messiah).....	8.27
2007	Emily Lepley (Susquehanna).....	8.40
2006	Emily Lepley (Susquehanna).....	8.35
2005	Emily Lepley (Susquehanna).....	8.47
2004	Carrie Kerna (Etown).....	8.21
2003	Carrie Kerna (Etown).....	8.63
2002	Carrie Kerna (Etown).....	8.61
2001	Carrie Kerna (Etown).....	8.75
2000	Steph Horne (Moravian).....	9.03
1999	Steph Horne (Moravian).....	9.31
1998	Jana Romlein (Lebanon Valley).....	9.14
1997	Jocelyn Megargell (SU).....	9.18
1996	Bryn Metcalf (Lebanon Valley).....	9.57
1995	Gina Gonzalez (Widener).....	8.81
1994	Gina Gonzalez (Widener).....	8.82

4x200 Meter Relay

2008	Misericordia.....	1:50.61
2007	Moravian.....	1:46.43
2006	Elizabethtown.....	1:47.55
2005	Moravian.....	1:46.06
2004	Susquehanna.....	1:48.88
2003	Susquehanna.....	1:48.46
2002	Widener.....	1:47.03
2001	Not held (ran 4x160 yards)	
2000	Lebanon Valley.....	1:55.51
1999	Lebanon Valley.....	1:53.72
1998	Widener.....	1:55.32
1997	Moravian.....	1:53.05
1996	Susquehanna.....	1:58.17
1995	Susquehanna.....	1:57.26
1994	Widener.....	1:54.52

4x400 Meter Relay

2008	Messiah.....	4:14.39
2007	Moravian.....	4:13.37
2006	Elizabethtown.....	4:08.74
2005	Elizabethtown.....	4:03.59
2004	Elizabethtown.....	4:13.27
2003	Elizabethtown.....	4:18.90
2002	Messiah.....	4:16.19
2001	Moravian.....	4:21.44
2000	Lebanon Valley.....	4:22.08
1999	Susquehanna.....	4:22.47
1998	Widener.....	4:21.01
1997	Moravian.....	4:27.98
1996	Moravian.....	4:22.46
1995	Susquehanna.....	4:38.99
1994	Susquehanna.....	4:35.01

4x800 Meter Relay

2008	Messiah.....	9:57.23
2007	Messiah.....	10:12.48
2006	Elizabethtown.....	10:09.74
2005	Messiah.....	9:48.45
2004	Elizabethtown.....	10:04.70
2003	Messiah.....	10:00.02
2002	Moravian.....	9:57.96
2001	Moravian.....	10:19.18
2000	Moravian.....	10:28.79
1999	Moravian.....	10:20.11
1998	Moravian.....	10:12.60
1997	Moravian.....	10:16.90
1996	Moravian.....	10:00.33
1995	Albright.....	10:49.28
1994	Albright.....	10:53.97

Distance Medley Relay

2008	Elizabethtown.....	12:48.08
2007	Susquehanna.....	13:04.82
2006	Elizabethtown.....	13:01.35
2005	DeSales.....	12:14.01
2004	Elizabethtown.....	12:55.07
2003	Elizabethtown.....	12:45.87
2002	Moravian.....	12:29.59
2001	Moravian.....	12:47.30
2000	Moravian.....	13:43.81
1999	Moravian.....	13:37.01
1998	Moravian.....	13:18.24
1997	Not Held	
1996	Not Held	
1995	Not Held	
1994	Not Held	

**INDIVIDUAL CHAMPIONS
BY SCHOOL**

Widener.....	31
Lebanon Valley.....	26
Elizabethtown.....	18
Messiah.....	15
Albright.....	11
DeSales.....	7
Delaware Valley.....	4
Misericordia.....	1
Former members.....	101

2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP

MAC QUALIFYING STANDARDS

Men	Event	Women
8.74	55m Hurdles	10.74
7.04	55m Dash	8.04
24.44	200m Dash	29.24
54.74	400m Dash	1:08.74
2:09.24	800m Run	2:40.24
4:57.24	1 Mile Run	6:02.24
16:30.24	5,000m Run	20:39.24
38-00.00 feet	Shot Put	29-00.00 feet
35-00.00 feet	(35 lb.) Weight Throw (20 lb.)	27-00.00 feet
19-00.00 feet	Long Jump	14-6.00 feet
38-00-00 feet	Triple Jump	31-00.00 feet
5-8.00 feet	High Jump	4-6.00 feet
10-6.00 feet	Pole Vault	7-6.00 feet
N/A	Pentathlon	N/A

Each school has one free entry in all events with no qualifiers provided the athlete has competed in that event

2009 NCAA DIVISION III INDOOR TRACK AND FIELD CHAMPIONSHIPS
 ROSE-HULMAN INSTITUTE OF TECHNOLOGY
 SPORTS & RECREATION CENTER (TERRE HAUTE, IN) - MARCH 13 AND 14

NCAA QUALIFYING STANDARDS

Men		Event	Women	
<i>Automatic</i>	<i>Provisional</i>		<i>Automatic</i>	<i>Provisional</i>
7.55	7.75	55m Hurdles	8.27	8.55
6.36	6.47	55m Dash	7.14	7.32
48.40	49.60	400m Dash	56.75	58.70
1:52.90	1:55.00	800m Run	2:13.85	2:16.90
4:11.00	4:16.00	1 Mile Run	4:55.00	5:05.00
14:33.00	14:55.00	5,000m Run	17:10.00	17:40.00
3:16.70	3:20.50	1,600m Relay	3:53.50	4:00.00
10:00.50	10:10.00	Distance Medley Relay	11:53.60	12:17.00
17.00m	15.54m	Shot Put	13.95m	12.80m
18.44m	16.58m	(35 lb.) Weight Throw (20 lb.)	17.00m	15.05m
7.24m	6.96m	Long Jump	5.70m	5.43m
14.64m	14.00m	Triple Jump	11.78m	11.18m
2.09m	2.01m	High Jump	1.71m	1.65m
5.06m	4.70m	Pole Vault	3.75m	3.45m
N/A	3,400	Pentathlon	N/A	3,000

The 200-Meter Dash, the 800-Meter Relay and the 3200-Meter Relay are not NCAA Championship events.

MEET OFFICIALS

Announcer	Jim Miller and Nick Binczak	High Jump	Joe Rycek
Jury of Appeals	Vince Touhey, Chris Straub, Dale Fogelsanger	Pole Vault	Gerry Demko
Track Referee	Bill Donahue	Starter/Assistant Starter	Charlie Marsteller/Charlie Hoch Jr.
Field Referee	Claire Koegler	Clerk of Course	Brian Souerwine
Men Multi's	Mike Vincovitch, Rich Cullin	Finish Line	Kate Detterline
Women Multi's	Chris Krow, Charlie Hoch Jr.	Chief Umpire	Allen Gangaware
Long/Triple Jump	Pat and Mike James	Asst. Judge/Timers/Umpires	Frank Claps, Otto and Fred Ehersam
Throws	Jim Kreitz, Jack Ruch, Larry Banus		Jim Madara, George Guo, Al Entriken, Wayne Cleaver, Steve Becker

2009 MIDDLE ATLANTIC CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIP

ORDER OF EVENTS

Time	Women's Events	Men's Events
10:00	55 Meter Hurdles (Pentathlon)	55 Hurdles (Pentathlon)
10:30	Weight Throw (Trial/Final)	
10:35/10:40	High Jump (Pentathlon)	Long Jump (Pentathlon)
11:00		Pole Vault (Trial/Final)
11:30	Long Jump (Trial/Final)	
Noon		High Jump (Trial/Final) Shot Put (Pentathlon)
12:30	Distance Medley Relay	Distance Medley Relay
12:45	Shot Put (Pentathlon)	
1:00	55 Meter Hurdles (Trials)	55 Hurdles (Trials) Long Jump (Trial/Final)
1:30	55 Meter Dash (Trials) Pole Vault (Trial/Final)	55 Dash (Trials) High Jump (Pentathlon) Weight Throw (Trial/Final)
1:50	4x200 Relay	4x200 Relay
2:10	Mile Run	Mile Run
2:30	55 Meter Hurdles (Finals) High Jump (Trial/Final) Long Jump (Pentathlon)	55 Hurdles (Final)
2:45	400 Meter Dash	400 Meter Dash
3:00	Shot Put (Trial/Final)	
3:10	55 Meter Dash	55 Meter Dash
3:15	Triple Jump (Trial/Final)	
3:20	800 Meter Run	800 Meter Run
3:30	800 Meter (Pentathlon)	1,000 Meter (Pentathlon)
3:45	200 Meter Dash	200 Meter Dash
4:15	5,000 Meter Run	Shot Put (Trial/Final)
4:30		Triple Jump (Trial/Final)
4:40		5,000 Meter Run
5:00	4x800 Relay	4x800 Relay
5:30	4x400 Relay	4x400 Relay

Six places scored for all events: 10-8-6-4-2-1

Complete meet results will be available at www.etown.edu/sports